



## DEPARTMENT OF THE INTERIOR

### INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

For Release **THURSDAY, MARCH 9, 1950**

#### SHRIMP PLENTIFUL FOR LENTEN MENUS

Not so many years ago it was only the "favored few" near South Atlantic or Gulf coast ports who could brighten their menus with tasty white-meated shrimp. Today, as a result of modern fishing methods and marketing practices, shrimp are available in all parts of the country. Housewives everywhere now have the opportunity of using shrimp in a wide variety of dishes, either hot or cold.

One point that makes shrimp particularly attractive to the housewives is the fact that they are available either fresh, frozen, canned, or precooked and peeled. But, regardless of the form in which shrimp is purchased, it is all of excellent quality and can be used interchangeably in most recipes. Unusually high in nutritive value, shrimp are rich sources of amino acids, proteins, and minerals.

Shoppers for shrimp this season will be greeted by a new variety, the pink shrimp, which comes from newly discovered fishing grounds off Key West, Florida. Differing from the shrimp usually seen on the market, this form is light pink in color. To dispel any doubts in the minds of shoppers that this color may be an indication of age or lack of freshness, the Fish and Wildlife Service explains that the bright coral pink shrimp probably take their color from the type of bottom of the area in which they are found. Cooking tests conducted in the test kitchens of the Service prove these shrimp are of prime quality and taste.

The following shrimp recipes have been developed in the test kitchens of the Service and approved by expert taste panels:

#### Shrimp a la king

3/4 lb. cooked, peeled, cleaned shrimp	
or 2 - 7-oz. cans	
3 tablespoons butter or margarine	1/2 teaspoon salt
1/2 cup sliced mushrooms	Dash cayenne
3 tablespoons chopped green pepper	1 1/2 cups milk
3 tablespoons flour	2 tablespoons
	pimiento, chopped

Cut the shrimp in half if they are large. In the melted fat lightly brown the mushrooms and green pepper until tender. Blend in the flour and seasonings. Add the milk and cook until thick stirring constantly. Add the pimiento and shrimp; heat thoroughly. Serve in patty shells or toast cups. Serves 6.

#### French Fried Shrimp

1 1/2 pounds green shrimp	1/2 cup bread crumbs
3/4 teaspoon salt	1/2 cup flour
2 eggs	

Peel the shrimp and remove the sand vein. Wash and cut almost through lengthwise. Dip the shrimp into the well beaten eggs and salt and roll in the sifted bread crumbs and flour mixture. Heat fat in a heavy kettle to 350° F. Place a single layer of shrimp in an oiled basket and cook for 2-3 minutes or until golden brown. Drain on absorbent paper.

#### Curried Shrimp

3/4 lb. cook and cleaned shrimp or 2 7-oz cans	
1/4 cup onion, minced	1 teaspoon curry
3 tablespoons of butter or oil	1/4 teaspoon powdered ginger
3 tablespoons of flour	2 cups milk
1 teaspoon salt	3 cups cooked rice
1/8 teaspoon pepper	

Cut shrimp in half if they are too large. Cook the onions in the oil until lightly browned. Blend in the flour and seasoning. Add the milk and cook until thick, stirring constantly. Add shrimp and heat thoroughly. Serve in rice ring.

#### Shrimp Creole

1 1/2 lbs. green shrimp	1 teaspoon chili powder
1/4 cup oil	2 cups tomatoes
1/4 cup chopped onions	1 teaspoon salt
1/4 cup green peppers	1/8 teaspoon pepper
1 clove garlic, minced	Rice ring
3 tablespoons flour	

Peel the shrimp, remove the sand vein and wash. Lightly brown onions, green peppers and garlic in the oil. Blend in the flour and seasoning. Add the tomatoes and stir until smooth. Add the shrimp and simmer uncovered for 20 minutes. Serve hot in a rice ring.

x x x